

Emotion Works Activities

Use the 5-cog worksheet to analyse your feelings about a particular subject. This could be something major like coronavirus and school closures, or something relatively minor like an interaction with your friend or sibling.

Try to analyse your good feelings as well as bad ones.

- What caused the feeling in the first place?
- What does it feel like?
- Can you describe it? Can you use different words to be more specific?
- How does it make me act?
- What can I do about it, especially if it is a negative feeling?

Complete the worksheet to record your thoughts and post on Seesaw to Mr Woods.

Character studies

Use the 5-cog model to analyse a character from your favourite novels, for example Veruca Salt, Billionaire Boy or Severus Snape - you choose.

Characters

There are 24 different emotion character pictures. Different tasks you may like to do include:

- Use the character sheet to help you label different emotions. How many words can you come up with for each one?
- Colour the pictures with colours relating to their feelings. Are there specific colours? What about ones that are NOT in the Inside Out movie? If you had never seen this, would your colours be different?
- Cut out the cards and shuffle them. Choose 4 at random and make up a story to represent the changes in mood that the main character might go through.

Chart your emotions

Keep an emotions diary of how you feel each day. To be more accurate, spend a day charting your emotions through the course of the day. Take time out at regular intervals to really think about how you are feeling, and take notes. Chart the results on a graph, or draw a cartoon strip of your daily journey.

Inside Out movie

If there really are little characters in our brain controlling our emotions, do you think we have only 5 as the movie suggests (Joy, Anger, Disgust, Fear and Sadness)? Can you think of any others? What would their characters look and sound like?